

Child Care Nutrition Resource List

This list of resources provides early learning educators with information and materials about:

- policy development
- menu and program planning
- teaching and role modeling healthy eating habits for children
- creating environments that support healthy eating

The [Early Learning and Child Care Regulations](#) discuss the provincial requirements related to: healthy eating including nutrition, menus, and how kids are fed (manner of feeding).

The resources on this list support these regulations and align with Canada's food guide or the Alberta Nutrition Guidelines for Children and Youth (ANGCY) where appropriate. This list is reviewed and updated periodically.

Topics

Menu Planning

Food Safety

Food Allergies

Recipes

Resources and Tools

Healthy Eating Environment

Professional Development

ANGCY implementation resources

Questions

If you have questions, comments or can't find what you are looking for, please contact publichealth.nutrition@ahs.ca.

For more information and helpful links, visit [Healthy Eating at Early Learning and Child Care Centres](#).

Menu Planning

In child care centres where parents are required to provide meals and snacks for their children, parents decide what foods to pack.

If programs provide meals and snacks, [The Alberta Early Learning and Child Care Act \(2021\)](#) states that they must follow a food guide recognized by Health Canada or Alberta Health.

AHS resources on menu planning:

- Child Care Menu Planning with Canada's food guide
- Child Care Menu Planning with Alberta Nutrition Guidelines for Children and Youth

<https://www.albertahealthservices.ca/nutrition/Page8942.aspx>

Use Food Labels ([en français](#))

Website provides information on using food labels to select foods and how to read food labels.

<https://food-guide.canada.ca/en/healthy-eating-recommendations/using-food-labels>

Food Safety

Food safety information and resources when planning menus in child care

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-cc-food-safety.pdf>

Canada's food guide: Food safety considerations

<https://food-guide.canada.ca/en/toolkit-educators/food-safety-considerations/>

Food Allergies

Health Canada ([en français](#))

Website provides information on common food allergens:

<https://www.canada.ca/en/health-canada/services/food-allergies-intolerances/food-allergies.html>

Food Allergy Canada

Website includes information for parents and caregivers, including child care specific resources and training:

<https://foodallergycanada.ca/>

Recipes

AHS Child Care Recipes (for 50 servings)

<https://www.albertahealthservices.ca/nutrition/Page8943.aspx>

AHS Inspiring Healthy Eating

<https://www.albertahealthservices.ca/nutrition/Page10996.aspx>

Canada's food guide Recipes ([en français](#))

<https://food-guide.canada.ca/en/recipes/>

Unlock Food Recipes ([en français](#))

<https://www.unlockfood.ca/en/Recipes.aspx>

A Collection of Tried-and-True Recipes

Shared by Manitoba School and Child Care Facilities.

<https://www.unlockfood.ca/EatRightOntario/media/PDFs-new-website/Manitoba-School-and-Childcare-Recipe-Collection-eBook.pdf>

Child care recipes for 20–50 preschoolers

Ottawa Public Health

<https://www.ottawapublichealth.ca/en/professionals-and-partners/healthy-eating-and-active-living-for-child-care-.aspx#Recipes>

Resources and Tools

Canada's food guide (CFG) ([en français](#))

Health Canada's website provides information on healthy eating and healthy eating habits.

canada.ca/foodguide (available in 31 languages).

To order printed copies go to <https://food-guide.canada.ca/en/food-guide-snapshot/> and click on Order a Copy.

Teaching Canada's Food Guide ([en français](#))

Activities that can help children learn food skills, develop healthy eating patterns, and understand Canada's food guide. Activities listed by age starting with [Age 4–6](#).

<https://food-guide.canada.ca/en/toolkit-educators/>

AHS Healthy Eating Handouts may be used to help with menu planning and shared with families.

- Choose Whole Grains
- Eat More Vegetables and Fruit
- Fibre Facts
- Grocery Shopping the Healthy Way
- Healthy Drinks, Healthy Kids
- Label Reading the Healthy Way
- Quick and Easy Meals
- Snacks
- Tips to Spend Less Money on Food
- Wake up to Breakfast Everyday
- What's for Lunch
- Healthy Snacking

[ahs.ca/NutritionHandouts](https://www.albertahealthservices.ca/nutrition/Handouts), select the Healthy Eating topic filter.

Feeding Toddlers and Young Children ([en français](#))

Handout explains a positive feeding relationship and gives ideas that might help with common eating behaviours in toddlers and young children.

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-feeding-toddlers-and-young-children.pdf>

Unlock Food ([en français](#))

Website provides information on nutrition, food, and healthy eating, as well as [recipes](#), videos, and online tools such as [My Menu Planner](#).

[UnlockFood.ca](https://www.unlockfood.ca)

Raising Our Healthy Kids Videos

A series of 60–90 second videos with health information for parents and care providers. Easy to access and download online. Search for:

- Role Model Healthy Eating
- Eating Together
- Follow the Feeding Relationship: Patience Works Better than Pressure and How and What to Feed Children is Important

<https://vimeo.com/channels/875781>

Healthy Eating Environment

AHS Poster Series

Posters to promote eating well, positive mealtimes, and positive attitudes about food for young children

- Children Learn by Watching You
- Eat Together
- Enjoy Meals with Plant-based proteins
- Enjoy More Vegetables and Fruit
- Enjoy Celebrations
- Enjoy Whole Grain Foods
- Look for Whole Grains
- Offer Many Vegetables and Fruits
- Offer Unprocessed Foods
- Offer Water and Milk to Drink
- Plan Quick Meals
- Plan Snacks
- Talk Together
- Think Beyond a Single Meals
- Use Canada's Food Guide Plate

<https://www.albertahealthservices.ca/nutrition/Page8945.aspx>

Support Positive Mealtimes

Resources to promote positive meal and snack times and to enrich children's social connections, learning, and health. Developed in partnership with early learning stakeholders in Alberta, these resources can promote positive eating behaviours in children, whether food is provided by child care programs or families.

<https://www.albertahealthservices.ca/nutrition/Page17264.aspx>

CHEERS (Creating Healthy Eating and Active Environments)

Website includes access to the CHEERS tool, an assessment for early learning and child care centres, and a free personalized report. The report provides feedback on what is going well and opportunities for change. Assessed areas include: foods served, healthy eating environment, healthy eating program planning, and physically active environment. The website also provides links to resources and information to promote healthy eating and physical activity in your program.

[CheersKids.ca](https://www.cheerskids.ca)

Professional Development

Workshops that qualify for the [Alberta Child Care Grant Release Time Funding](#) may be available in your zone. To find out about workshops AHS offers, email publichealth.nutrition@ahs.ca

CHEERS Champion Modules

Free, online, and interactive modules to enhance your learning and support your child care environment.

[cheerskids.ca/ece-modules](https://www.cheerskids.ca/ece-modules)

Healthy Relationship with Food

Provides information and resources to support educators in promoting a child's healthy relationship with food.

<http://www.ahs.ca/nutrition/Page6457.aspx>

ANGCY Implementation Supports

Tools and resources to support healthy food environments in child cares currently following the Alberta Nutrition Guidelines for Children and Youth (ANGCY).

Alberta Nutrition Guidelines for Children and Youth ([en français](#))

Help Albertans create environments which provide and promote healthy food choices and healthy attitudes about food. It offers guidance on providing children and youth with healthy food choices in child care settings, schools, recreation centres, at special events, and in the community.

<https://open.alberta.ca/publications/5906406>

Healthy Eating for Children and Youth in Child Cares

Easy-to-read booklet that explains how to use the Alberta Nutrition Guidelines for Children and Youth and provides an in-depth example on how to read a Nutrition Facts Table.

<https://open.alberta.ca/publications/healthy-eating-for-children-in-childcare-centres>

Healthy Food Checker

An interactive tool that compares the nutrition information from a Nutrition Facts table with the Alberta Nutrition Guidelines to find out if a food or drink is Choose Most Often, Choose Sometimes, or Choose Least Often.

<http://www.ahs.ca/nutrition/Page13977.aspx>